

Horario de actividades

	Lunes		Martes		Miércoles		Jueves		Viernes		Sabado		Domingo		
08:30	VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		TBC 50' Javier G. Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		08:30
	VINYASA YOGA 50' Mertxe R. Sala 2		BODY BALANCE 50' REBECA B. Sala 2		PILATES 50' Elena G. Sala 2		PILATES 45' REBECA B. Sala 2		VINYASA YOGA 50' Mertxe R. Sala 2						
08:45	HIT 30' Javier G. Gimnasio Exterior								HIT 30' Javier G. Gimnasio Exterior						08:45
09:00					Hipopresivos 30' Marielys M. Prana Holistic										09:00
09:30	TBC 50' Javier G. Sala 1		POWER PILATES 50' Marielys M. Sala 1		BOOTCAMP 50' Javier G. Gimnasio Exterior		BARRE 50' Marielys M. Sala 1		GAP 50' Javier G. Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		09:30
	PILATES 45' Marielys M. Sala 2		BODY PUMP 50' REBECA B. Sala 2		CARDIOPILATES 50' Marielys M. Sala 2		BODY PUMP 50' REBECA B. Sala 2		PILATES 45' Marielys M. Sala 2		STEP 50' Alberto C. Sala 1		HIT 30' Eric S. Gimnasio Exterior		
	VINYASA YOGA 50' Mertxe R. Prana Holistic				VINYASA YOGA 50' Mertxe R. Prana Holistic						ABD 30' Eric S. Gimnasio Exterior		BARRE 50' Marielys M. Sala 1		
10:30	VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		10:30
	POSTURAL 45' Marielys M. Sala 2		HIT 30' REBECA B. Gimnasio Exterior		POSTURAL 30' Marielys M. Sala 2		HATHA YOGA 50' CHRISTIAN G. Sala 2		POSTURAL 45' Marielys M. Sala 2		BODY PUMP 50' Alberto C. Sala 2		BODY PUMP 50' Marielys M. Sala 2		
			VINYASA YOGA 50' Mertxe R. Sala 2				HIT 30' REBECA B. Gimnasio Exterior								
11:30	VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		PILATES 45' Alberto C. Sala 2		VIRTUAL BOD... 50' VIRTUAL Sala 1		11:30
	YOGA INTEGR... 50' Mertxe R. Sala 2				YOGA RESTAU... 50' CHRISTIAN G. Sala 2					VIRTUAL BOD... 50' VIRTUAL Sala 1		PILATES 45' Marielys M. Sala 2			
12:30	VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		WOD 30' Javier G. Gimnasio Exterior		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		12:30
	WOD 30' Javier G. Gimnasio Exterior				WOD 30' Javier G. Gimnasio Exterior				VIRTUAL BOD... 50' VIRTUAL Sala 1						
13:30	VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		13:30
14:30	VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 2		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		14:30
15:30	VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		15:30
16:30	VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		BODY PUMP 50' SABRINA P. Sala 2		BODY PUMP 50' Alberto C. Sala 2		VIRTUAL BOD... 50' VIRTUAL Sala 1		VIRTUAL BOD... 50' VIRTUAL Sala 1		16:30
	BODY PUMP 50' Maria L. Sala 2		PILATES 45' Elena G. Sala 2		BARRE 50' Maria L. Sala 2		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1						
17:30	HATHA YOGA 50' CHRISTIAN G. Sala 2		MUSICAL FITN... 50' Juan Manuel V. Sala 1		VINYASA YOGA 50' Mertxe R. Sala 2		STEP 50' Juan Manuel V. Sala 1		PILATES 45' Alberto C. Sala 2		VIRTUAL CYCL... 50' VIRTUAL Sala 1		VIRTUAL CYCL... 50' VIRTUAL Sala 1		17:30
	CARDIOBOX 50' Victor P. Sala 1		BODY PUMP 50' Alberto C. Sala 2		BARRE 50' Susana R. Sala 1		BODY PUMP 50' SABRINA P. Sala 2		CARDIOBOX 50' Nestor A. Sala 1						
			PILATES 45' Elena G. Prana Holistic				PILATES 45' JOANA D. Prana Holistic								
18:30	ZUMBA 50' Juan Manuel V. Sala 1		PILATES 45' Alberto C. Prana Holistic		CROSS GIMENO 60' Eduardo B. Gimnasio Exterior		TBC 50' Juan Manuel V. ZONA EXTERIOR		ZUMBA 50' Juan Manuel V. Sala 2		VIRTUAL BOD... 60' VIRTUAL Sala 1		VIRTUAL BOD... 60' VIRTUAL Sala 1		18:30
	PILATES 45' Alberto C. Sala 2		GAP 50' Juan Manuel V. ZONA EXTERIOR		POSTURAL 45' Marielys M. Sala 2		PILATES 45' Alberto C. Prana Holistic		BOXEO FIT 45' Nestor A. Sala 1						
	CROSS GIMENO 60' Victor P. Gimnasio Exterior		CYCLING 50' Juanan A. Sala 1		BODY PUMP 50' Susana R. Sala 1		CYCLING 50' Juanan A. Sala 1								
		VINYASA YOGA 50' Elena G. Prana Holistic				BODY BALANCE 50' JOANA D. Sala 2									
19:30	CYCLING 50' Eduardo B. Sala 1		STEP 50' Juan Manuel V. Sala 1		CYCLING 50' Eduardo B. Sala 1		BODY PUMP 50' JOANA D. Sala 1		MUSICAL FITN... 50' Juan Manuel V. Sala 2						19:30
	BODY PUMP 50' Alberto C. Sala 1		YOGA POWER 50' Mertxe R. Sala 2		CARDIOPILATES 50' Marielys M. Sala 2		YOGA POWER 50' Mertxe R. Sala 2		CYCLING 50' Eduardo B. Sala 1						
20:30	HATHA YOGA 50' CHRISTIAN G. Sala 2		BOXEO FIT 45' Victor P. Sala 1		HATHA YOGA 50' CHRISTIAN G. Sala 2		CARDIOBOX 50' Victor P. Sala 1								20:30